

2 SECOND GRADE

The integrations below are meant to facilitate efficient MMH™ and InPACT coordination. This joint effort aims to increase healthy behaviors among children and families. These additions are not intended to change the MMH™ curriculum, which is a standalone, evidence-based program; they are enhancements. Time spent using InPACT at Home videos counts towards your InPACT at School daily physical activity goal. The InPACT at Home resources accompanying each lesson are meant to be used with the class to model and promote use at home! If you want to use more InPACT resources in class, we encourage you to visit the [InPACT at Home website](http://inpactathome.umich.edu) (inpactathome.umich.edu).

If you are implementing InPACT at School, you will find overarching suggestions at the beginning of each topic area to reinforce physical activity and its relation to that topic (e.g., physical activity and social emotional health). We encourage you to visit the [InPACT at School website](http://inpact.kines.umich.edu) (inpact.kines.umich.edu) for more information.



SEL Anchor

Individual physical activity allows us to practice Self-Awareness, and Self-Management. When we engage in physical activity with others, such as games or sports, we also practice Social Awareness, Relationship Skills, and Responsible Decision-Making ([see the five CASEL SEL Competencies for definitions and indicators.](#))



InPACT at School Integrations

When implementing InPACT at School, using short bouts of physical activity throughout the day, you can make any of these connections to the **Alcohol, Tobacco, and Other Drugs** unit each time:

- ✓ Explain to students that when we are active, such as when playing a game or riding a bike, we might get hurt. Sometimes we might even need medicine for an injury. Remind them to only take medicine from a parent/caregiver, doctor, or other trusted adult.
- ✓ Remind students that when we inhale secondhand cigarette smoke or

e-cigarette aerosol, this smoke can make our lungs not work as well. It can then become harder to engage in physical activity that keeps us healthy and strong.

- ✓ Remind students that using alcohol and other drugs can make it difficult and unsafe to be physically active.
- ✓ Explain to students how physical activity and mindfulness are important to staying healthy in body, mind, and heart. To learn more, watch the short video [“Science of Physical Activity.”](#)



InPACT at Home Integrations

You will be doing a “Movement Moment” before each lesson using an InPACT at Home video. Some lessons also include an Activity Card to model activities students and families can do at home. Be sure your [classroom floorplan](#) is activity friendly. If you are curious about classroom management during physical activity, check out this [classroom management video](#).

Students' parents/caregivers can sign up on the [InPACT at Home website](#) (inpactathome.umich.edu) to access resources used with each lesson for children to enjoy at home, including the Family Engagement

Modules. Be sure to review the InPACT at Home Connections!

Please note: the “MMH™ Lesson Procedure” illustrates InPACT at Home integrations with an actual MMH™ lesson. It follows the structure of the MMH™ lesson procedure (Introduction, Teacher Input, Application, and Closure) and can be useful when following MMH™ Lessons. If there are integrations to consider, they will be noted; otherwise, the integration step will say “none.”

MMH™ LESSON 1

Caffeine and Kids: A Shaky Mix

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Mountain Climbers.” Explain to students that physical activity gives us a natural burst of energy.



(Length: 1:10. Click on video.)



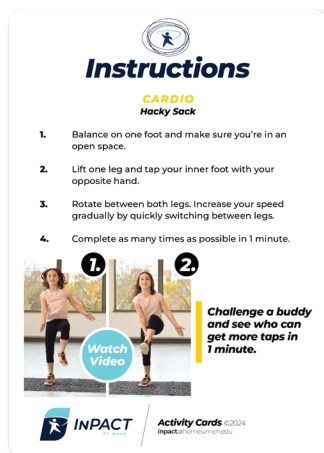
MMH™ Lesson Procedure

Introduction: None

Teacher Input: None

Application: None

Closure: Consider using the Cardio Activity Card “[Hacky Sack](#)”. You might say, “Did you know a minute of physical activity is a free and natural way to get an energy boost? Let’s try a quick energy booster!” If you would like to see this activity modeled, [click here](#).





As an added Family Resource for this unit, suggest the **Feeling Good Module and 20-Day Challenge**. This module covers healthy ways families can help themselves feel good and develop a sense of well-being; see the Resources section of the InPACT at Home website.



20-day InPACT Feeling Good Activity Challenge

The 20-day challenge is an optional activity to help you and your family feel good and develop a sense of well-being. The challenge is designed to be completed over 20 days, with activities that are fun and engaging for all ages.

Day	Activity	Day	Activity	Day	Activity
Day 1	Move Together: Dance for fun	Day 11	Think Together: Play an instrument	Day 21	Be Together: Play a game
Day 2	Be Together: Play a game	Day 12	Move Together: Dance for fun	Day 22	Think Together: Play an instrument
Day 3	Think Together: Play an instrument	Day 13	Be Together: Play a game	Day 23	Move Together: Dance for fun
Day 4	Move Together: Dance for fun	Day 14	Think Together: Play an instrument	Day 24	Be Together: Play a game
Day 5	Be Together: Play a game	Day 15	Move Together: Dance for fun	Day 25	Think Together: Play an instrument
Day 6	Think Together: Play an instrument	Day 16	Be Together: Play a game	Day 26	Move Together: Dance for fun
Day 7	Move Together: Dance for fun	Day 17	Think Together: Play an instrument	Day 27	Be Together: Play a game
Day 8	Be Together: Play a game	Day 18	Move Together: Dance for fun	Day 28	Think Together: Play an instrument
Day 9	Think Together: Play an instrument	Day 19	Be Together: Play a game	Day 29	Move Together: Dance for fun
Day 10	Move Together: Dance for fun	Day 20	Be Together: Play a game		



Be sure to invite caregivers to create an account on the **InPACT at Home website** to access all resources (inpactathome.umich.edu).



Ensure families know that InPACT at Home videos, like the one featured in this lesson, also air on PBS's **Michigan Learning Channel** and look under the Schedule tab to see local times and stations.

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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 2 Using Medicine Safely

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Dynamic Stretching” to get kids moving and ready to learn. We can remind students during the lesson that sometimes when we are active, such as when playing a game or riding our bikes, we might get hurt. Sometimes we even need medicine. We should only take medicine that a parent/caregiver, doctor, or school nurse gives us.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:18. Click on video.)

MMH™ Lesson Procedure

No Integrations

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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 3 Staying Away from Nicotine and Alcohol

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the quick InPACT at Home video “Out, Out, In, In.” When we inhale cigarette smoke from the air, our lungs might not work as well as usual. It can then become harder to do physical activity that keeps us healthy and strong.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 1:10. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: Instead of using index cards for the true-or-false activity, consider having students do a physical movement for “true” and a different movement for “false.” Examples might be “stand or sit,” “jump or squat,” and “jumping jacks or toe touches.” You might also consider having students suggest movements for this activity as a group.

Application: None

Closure: None

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ALCOHOL, TOBACCO, AND OTHER DRUGS

MMH™ LESSON 4 Say No to Second-Hand Smoke and E-Cigarette Aerosol

InPACT at Home Components with the MMH™

Movement Moment

Before this lesson, watch the InPACT at Home video “Beans on Toast.” It’s an entertaining game with frequent movement.

Ask students if they were breathing heavier or felt a bit tired after the video. Explain that the lungs and heart were working hard during the game.



Continue reminding students and caregivers to visit the [InPACT at Home website](#)



(Length: 8:07. Click on video.)

MMH™ Lesson Procedure

Introduction: None

Teacher Input: When reviewing how secondhand smoke and aerosol affect the lungs and heart, consider asking students how the game “Beans on Toast” might be harder for a person who inhales a large amount of secondhand smoke or aerosol from e-cigarettes.

Application: None

Closure: None



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